



Cryotherapy

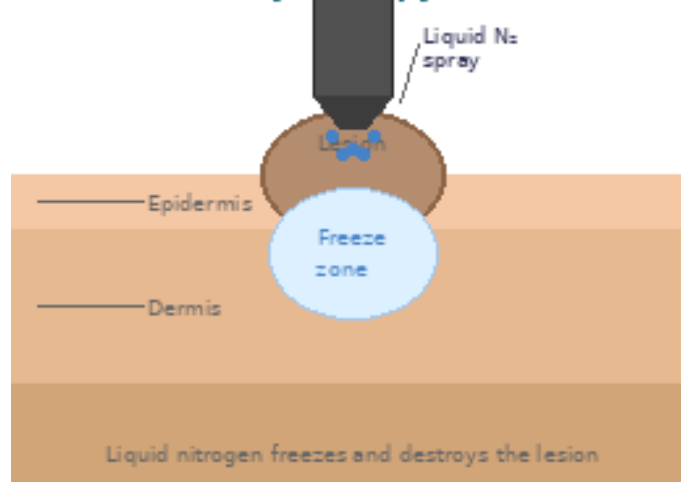
Patient Information Leaflet — Liquid Nitrogen Treatment

What is Cryotherapy?

Cryotherapy is a safe and effective treatment in which liquid nitrogen (at approximately **-196°C**) is applied to a skin lesion using a spray or probe. The extreme cold rapidly freezes the tissue, destroying abnormal or unwanted cells. As the area thaws, the body's immune response helps to clear the treated tissue, allowing healthy skin to grow in its place.

At Midleton Medi Centre, cryotherapy is performed by our doctors using a precision liquid nitrogen spray system, allowing accurate and controlled treatment of a wide range of common skin lesions.

How Cryotherapy Works



At a Glance

Temperature

-196°C

Session time

5–20 min

Healing time

2–6 weeks

What to Expect During Treatment

- The area to be treated will be examined and cleaned
- Liquid nitrogen is applied directly to the lesion via a spray nozzle or probe tip
- You will feel an intense cold sensation followed by a stinging or burning feeling — this is normal
- Each freeze cycle typically lasts 5–30 seconds depending on the size and type of lesion
- A second freeze-thaw cycle may be performed in the same session for optimal results
- The treated area will become red and swollen; a blister often forms within 24–48 hours
- Most appointments last between 5 and 20 minutes in total

This leaflet is a guide only. A full consultation is recommended to discuss the benefits and risks specific to your condition. Please speak with your doctor if you have any concerns.



Conditions Treated

Cryotherapy with liquid nitrogen

Warts

Warts are benign skin growths caused by the human papillomavirus (HPV). They are most common on the hands and fingers and can be rough, raised, or flat. Warts are contagious and can spread through direct contact or shared surfaces.

Treatment: Liquid nitrogen is sprayed directly onto the wart, freezing and destroying the infected tissue. The wart typically blisters, scabs, and falls off over 1–2 weeks.

Typical sessions: 1–4 sessions, 2–4 weeks apart

Verrucae (Plantar Warts)

Verrucae are warts that occur on the soles of the feet, caused by HPV. They are often pushed inward by body weight and may cause pain when walking. They can be distinguished by small black dots (tiny blood vessels) within the lesion.

Treatment: A freeze-thaw cycle is applied to the verruca. Due to the thickness of plantar skin, verrucae may require more sessions than hand warts. Paring the lesion beforehand may improve penetration.

Typical sessions: 2–6 sessions, 3–4 weeks apart

Skin Tags (Acrochordons)

Skin tags are small, soft, benign growths that hang from the skin surface, typically found on the neck, armpits, groin, and under the breasts. They are harmless but may cause discomfort due to friction or for cosmetic reasons.

Treatment: Liquid nitrogen is applied to the base of the skin tag, causing it to freeze and fall off within 1–2 weeks. Larger tags may require a second treatment.

Typical sessions: 1–2 sessions

Seborrheic Keratoses

Seborrheic keratoses are common, non-cancerous skin growths that appear as waxy, scaly, brown or black patches. They are extremely common in older adults and are entirely benign, though they may be itchy or cosmetically bothersome.

Treatment: Cryotherapy freezes the keratosis, causing it to blister and separate from the underlying skin over 1–3 weeks. Thicker lesions may require curettage beforehand.

Typical sessions: 1–2 sessions

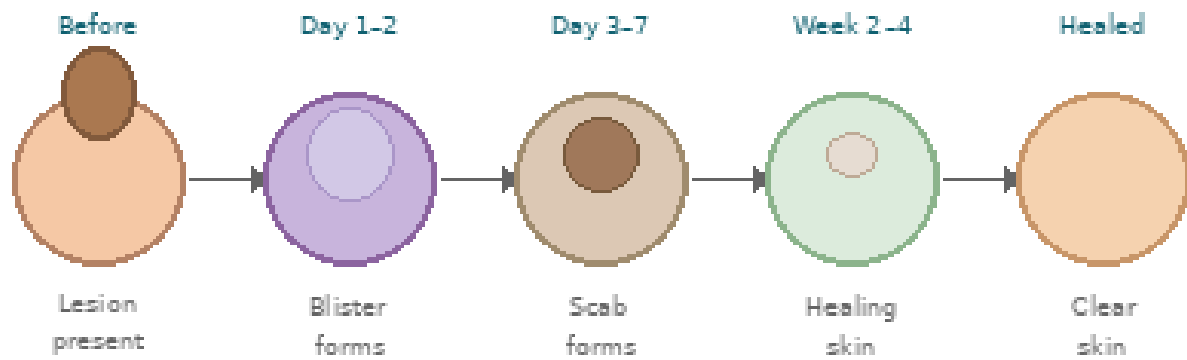
Actinic Keratoses (Solar Keratoses)

Actinic keratoses are rough, scaly patches caused by years of sun exposure, typically appearing on the face, scalp, ears, hands, and forearms. They are considered pre-cancerous and should be treated to prevent potential progression to squamous cell carcinoma. Medical review is recommended before treatment.

Treatment: Liquid nitrogen is sprayed onto each lesion for a carefully timed freeze. Actinic keratoses are very responsive to cryotherapy. Large or thick lesions may require repeat treatment.

Typical sessions: 1–3 sessions per lesion, 4–6 weeks apart

Typical Healing Stages After Cryotherapy



Individual healing times may vary depending on lesion size and skin type



FAQs & Aftercare

Cryotherapy — Liquid Nitrogen Treatment

Is cryotherapy painful?

Most patients experience a sharp stinging or burning sensation during the freeze, which typically lasts for the duration of the application and for a few minutes afterwards. The level of discomfort varies depending on the size and location of the lesion. Most patients find the treatment very tolerable without any anaesthetic. A local anaesthetic cream may be applied beforehand if preferred.

Will I have a blister afterwards?

It is very common for a blister to form at the treated site within 24–48 hours. This is a normal part of the healing process. **Do not deliberately burst the blister** — it acts as a natural protective barrier. If it bursts on its own, keep the area clean and covered with a dry dressing.

How many treatments will I need?

The number of sessions depends on the type, size, and thickness of the lesion, as well as your individual skin's response to treatment. Most lesions require 1–3 sessions spaced 2–4 weeks apart. Verrucae and thicker lesions may require more. Your doctor will advise you at your consultation.

Will it leave a scar?

Cryotherapy is generally well tolerated with a low risk of permanent scarring. Some temporary skin colour change (hypopigmentation or hyperpigmentation) may occur, particularly in darker skin tones, but this usually fades over weeks to months. Your doctor will discuss the risk of skin changes specific to you.

Can I go back to work the same day?

Yes, most patients return to work and normal activities immediately after treatment. If the treated lesion is on the foot, you may experience some discomfort when walking for the first day or two. Comfortable footwear is recommended.

What if the lesion does not clear completely?

Some lesions, particularly verrucae and thick seborrhoeic keratoses, may not fully resolve after one session. If the lesion persists after healing is complete, a further treatment can be arranged. Your doctor will assess the response and recommend next steps.

Aftercare Instructions

- **Keep the area clean and dry** for the first 24 hours after treatment
- **Do not burst any blisters** that form — allow them to resolve naturally
- **Cover the area** with a dry, non-stick dressing if the blister bursts or if the site is in an area prone to friction
- **Avoid swimming, hot tubs, or soaking** the area until the skin has healed completely
- **Apply a fragrance-free moisturiser** around (not on) the treated area to keep surrounding skin hydrated
- **Protect the area from sun exposure** during healing and use SPF 30+ afterwards, particularly for facial lesions
- **Pain relief:** paracetamol may be taken if needed for discomfort after treatment
- **Do not pick or scratch** the scab that forms — allow it to fall off naturally to minimise scarring

Contact your doctor if you experience: increasing redness, swelling, or pain after 48 hours; signs of infection such as pus or fever; or if you have any concerns about how the area is healing.